



December Newsletter 2025

TIPS FOR MANAGING YOUR MENTAL HEALTH AT CHRISTMAS



Take a break



Look after yourself



Join the local community



Everything in moderation



Avoid social comparisons



Have realistic expectations



Don't look back

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The articles are the views of the contributors and not necessarily those of NPN.

An eloquent description of how it all came right

PLEASE NOTE – this is a first-hand account of how a 58-year-old didn't, indeed couldn't, look in the right direction to cure herself – but avoided the issue until she felt safe enough.

Her Story.

In August 2024, I found myself overwhelmed, overstressed and a spectator in my own life - I could barely function, and then my life path crossed with the most incredible Conversational Hypnotherapist, Joan.

But first... let me fill you in on my backstory.

My name is [“Nora”], at the time I was 58 years old, happily married, working long hours in healthcare, and 50 years into childhood trauma subconsciously controlling every aspect of my life... and I didn't realise the impact this was having on me. In fact, I had buried it so deep that I barely acknowledged it.

As a child I was trauma conditioned to be hyper-vigilant. I grew up learning to study people and knew instinctively what kind of person they were before we even spoke. I learned to hide my emotions and feelings, and to always be busy. To me busy equalled safe.

This sets you up for a life of solitude, a life with trust issues, filtering everyone and everything through your gut instinct, always looking for the exit. In my teen years I was again

subjected to trauma, only this time I began smoking. It was around this time that I also developed Asthma.

My Asthma continued, requiring daily doses of preventative medication, relievers and courses of steroids up to 4-5 times a year. I had everything nicely under control until 2020, and the world changed. At work the pressure and unpredictability of each and every day had me reverting back to my hyper vigilant ways. Add to this the work stress levels and I was in a permanent state of hyper focus.

As with the rest of the world my work life became about protecting not only myself and my family, but my work colleagues, and others. It became a life of protocols, routines and safety, and I dared not waiver. Fast forward to 2024, and although the world had moved on in what was needed, I wasn't able to - I was permanently stuck in this state of hyper vigilance. I could not relax; I was burnt out.

My partner found Joan's website on the internet. I contacted her and booked my 30-minute consultation to see if we could work together - and I held my breath hoping she would say yes! She did.

I completely blamed the pressures of my job for the way I was feeling, and my first session with Joan had me leaving feeling incredibly light, positive and free. But I still couldn't completely relax, and Joan had said it could take some time for everything to slowly fall into place, to get your lightbulb moments.... So, I waited. One thing I did find strange at the

time was that Joan asked me what my childhood was like? What did this have to do with my work stress?? It turns out it has everything to do with it. A handful of days later and I had to pull over while driving to be physically ill, such was the impact of my realisation that I had been here before, in this exact mental position, with the exact same feelings... How did Joan know? I again contacted Joan and booked a second session. I felt safe and comfortable with Joan, safe enough to finally delve into the real issues. This session lasted several hours, and I can actually pinpoint the exact moment that my conscious mind decided to put my past to rest, and this only happened because I felt safe enough to do so. I left that session emotionally drained, physically exhausted and forever grateful. I had said I would do a testimonial for Joan, and when I sat to write it, I had another lightbulb moment... I had not used any of my Asthma medication since I walked out of that session. None! After 40 years of daily use, I hadn't used it for weeks.... I could breathe! 9 months on from that session and I am still Asthma free...

So that is a brief history of my story, my journey, the change in my life. A life that was already lost prior to this experience, but one that is now very much being lived.

Power To Our Journeys - The client's voice



Power To Our Journeys is an Australian group based in the Dulwich Centre in Adelaide. Members of the group, Bridget, Sue, Mayte and Veronica give their account of belonging to the group.

We would like to introduce ourselves as members of the 'Power to Our Journeys group,' based at Dulwich Centre in Adelaide, Australia.

How did we get together? It was our experience of narrative therapy that provided the basis for connection with each other. Through this therapy, we had the opportunity to change our relationship with the voices and visions that were troubling to us and traumatising of us, which opened spaces for us to break from the prison house of isolation and to join

new connections with others who are engaged in similar projects to change their lives.

We get together as a group once a month and invite Michael White to join us to keep a special record of our conversations and to ask questions that assist us to express our thoughts on various issues. After each of these meetings, Michael puts together our documents which serve as a record of our evolving knowledge and of the development in our skills of living. These documents are a powerful resource to us in our work to recover our lives and in assisting us to deal with crisis.

The Handicap of Silence

Our reason for joining in the writing of this document is to share with you the extent to which our lives have changed through our involvement in the Power to Our Journeys group. This group has played a very significant part in rekindling our love life and in assisting us to achieve a quality of life that we could never have predicted. It is our hope that others who are struggling with troublesome voices and visions will find hope in what we have to say here and join us in spirit by searching for others whom they might connect with in similar ways.

Acknowledgement of our experience

The Power to Our Journeys meeting provides a forum for us to talk about many of our experiences of life. This includes our experiences of what others refer to as auditory and visual

hallucinations or if you like the psychosis. It is our preference to refer to these experiences as voices and visions.

Over many years, of our different connections with psychiatric services, we have found little opportunity to speak openly of our day-to-day experiences of the voices and visions that have been so troublesome to us, or for that matter, the voices and predictions about the sort of tactics they might resort to in these attempts. Then we prepare to take new steps in our lives, or venture off into new territory. We can refer to this knowledge. This provides us with the opportunity to put things in place that will support us through these changes and to prepare counter-tactics to have at the ready should the voices and visions attempt to harass us. We are then more able to recognise such attempts and step back and say to ourselves '*So that is what you're up to.*' And then take the sort of action that will deprive them of these moments, an opportunity to strengthen their influence in our lives.

The knowledge that we have these options at these times provided an antidote to the insecurity that the troublesome voices and visions that have been helpful to us in our lives. We have been silenced time and time again by many psychiatric workers who have consistently refused to acknowledge our experiences in these visions and voices. At times we have been bewildered by this at a loss to understand it. At times we have linked this silence into the fear we see in the eyes of others. Perhaps they experience this fear because we put them in touch with how vulnerable

they may be in their own struggles in life and with a realisation of how thin the line is between where they stand in life and where we stand. At other times we understand that others believe that to make space for us to talk more openly of our experiences of voices and visions is counterproductive. We know that still others are caught up in weird theories about our experiences and talk about our lives in ways that subtract from our sense of self-respect and make it impossible for them to hear what we say about our experiences. We meet others who are so caught up in a professional career and institutional considerations of our hierarchical nature that it is impossible for them to be with us in healing ways. Needless to say, this silencing has profoundly negative consequences for all our lives. All of us felt abandoned because of this. We have not felt joined with by others at those times in our lives when this was what we have longed for the most. At times, this very silencing has contributed to a sense that we might be going mad and it has made it impossible for us to change our relationship with troublesome voices and visions that have been so dominating of our lives and as well with the voices and visions that have been more supportive of us.

Changing our relationship with voices

We just cannot here emphasise strongly enough how important it is to have the opportunity to speak of the troublesome voices and visions in a forum that contributes to a powerful expose of their purposes and their operations. These troublesome voices and visions can be quite vicious

and from time to time give us an incredibly hard time. They have at their disposal many well-established tactics for tyrannising our lives, to frighten us, to get us into a panic and to drive us into desperation. In developing an expose of the purposes and operations of troublesome voices and visions, we become clearer about the extent of what they want from our lives is not in our interests and we become increasingly knowledgeable about the strategies that they utilise to achieve their purpose. This expose disempowers them and opens up possibilities for us to become much more aware of the knowledges and skills that we can put to work to frustrate the attempts of the voices and visions to capture our lives. By meeting together to extend this expose and to further pool our knowledges and skills, we have been able to further change our relationship with the voices and visions so they become less dominating in our lives.

This has not been achieved without work. As we extended these exposés, we have put more effort into the monitoring of our general sense of well-being. Doing this is a commitment that we have made to ourselves and each other, and it has opened new possibilities in our lives. For example, we know that we are more vulnerable to the voices and visions when we are stressed out or overstretched, and we can make predictions about these occasions and conditions upon which these voices and visions may attempt to get the upper hand.

The negative voices and visions are wreckers

So that you might understand more fully how important it has been for us to find a space in which we can talk of our experiences of voices and visions, and to put together these exposés, you should know what 'wreckers' these voices and visions can be. Jobs, friends, interests, hopes, status. These voices and visions took so much, and tried to ruin what they couldn't take. We grieved for the losses. Our families grieved for themselves and for us over the loss of potential that we could never fulfil. It is not that others don't support us. They tried to help, but there was a limit to what they could do. Many of our relatives became frightened and despairing, but we lost friends to exhaustion and terror. Some of us became homeless for years, just going from place to place.

There were friends and relatives who managed to hang in, but we didn't know how to help them or understand to know what to do, and even if we had, we would not have been able to act on this knowledge. We had our hands full just staying alive. As we began to realise what a burden we were becoming, we retreated. We just went away or isolated ourselves by going into ourselves so that we were alone in the company of others. This was all that we could do to protect our relatives and friends from the trauma. In the end, this isolation served the interests of the troublesome voices and visions, not our interests.

Lightness of being

But we no longer grieve. We have found that a lot of the grief was about the loss of a status that we no longer have a desire for and that, in fact, we are glad to be free of and now we are finding the opportunity to talk openly with friends and relatives about the pain that they experienced in relation to what we went through during the hard times. Although it is true that some friendships died, those that didn't have been renewed and enriched by these conversations. Our own experiences of our lives have changed significantly and this is accompanied by a different happiness that has to do with how we approach the smaller things of life. We are more able to appreciate our own thoughts and find that we have a sense of living well when we are able to get out of bed in the morning and catch a bus or tram. We are experiencing more just being in the flow of life. We know more about what makes some places healing places to be in. Our membership in the Power to Our Journeys group has contributed very greatly to this lightness of being. We are together in solidarity. We are secure in each other's company, knowing that we have gained knowledge through successfully managing the difficulties we have experienced at these times.

Kundalini & Needs

Kundalini yoga is a deeply spiritual practice. In fact, many say that the Kundalini process can lead to a spiritual awakening.

And while spiritual enlightenment sounds like a really good thing, it can come with a whole lot of intense experiences.

The way that yoga talks about this spiritual experience is through the Kundalini process, where prana (life force energy) moves through the subtle body until it reaches the Sahasrara Chakra...

...to awaken Kundalini.

Before you go chasing the Kundalini experience (like I did), take some time to get acquainted with the Kundalini awakening process. There are a few things you should know about awakened Kundalini, first.

And then I'll share my tips on how to use this ancient practice to achieve your own spiritual awakening too.

So, buckle up. We are about to embark on a spiritual journey.

What is Kundalini Awakening?

Kundalini Awakening is a remarkably powerful spiritual experience. In the yoga world, it is spiritual enlightenment. It is something that devoted yogis and practitioners spend many years preparing for and working towards.

So, what happens when we awaken our dormant Kundalini energy?

Well, consider that Kundalini is our spiritual energy. A Kundalini practice uses the physical body to move the spiritual energy along our central channel.

Kundalini awakening is rare.



Functional seizures / NEADS

'NEAD' stands for Non-Epileptic Attack Disorder. In the US and other countries, the name Psychogenic Non-Epileptic Seizures (PNES) may be used. In the UK there is currently a shift to renaming NEAD as Functional Seizure

Disorder/functional or dissociative seizures as a symptom of FND if other functional neurological symptoms are present.

Men, women and children of all ages can develop functional seizures. These seizures look like epileptic seizures but are not caused by electrical activity in the brain. Functional seizures can also co-exist with Epilepsy and other functional neurological symptoms.

As with Epilepsy, the seizures differ from person to person and may present as dissociation, blackouts, falling to the ground (drop attacks), twitching and jerking. People are generally aware (but not always) of what is occurring but are unable to communicate.

What causes functional seizures/NEAD?

It is currently believed that functional seizures are triggered by the brain's response to overwhelming stress, which can be from emotional or physical (e.g. pain) triggers, but there may be other causes. For some people symptoms may proceed a specific traumatic incident (such as abuse, accident or death of a loved one), for others an accumulation of stress over time, and for others no reason at all. Many people are confused by the diagnosis as they don't feel particularly stressed, especially given some people have seizures during rest or whilst sleeping.

How is it diagnosed?

Due to the similarity with Epilepsy, functional seizures are diagnosed by neurologists or Epilepsy specialists. A detailed description of seizures, ideally seeing them in person or on home video, is the mainstay of diagnosis.

Treatment

The current accepted medical treatment is specialist Cognitive Behavioural Therapy (CBT), although this does not work for everyone and there are very long waiting lists. A large CBT randomised control trial CODES reported no real significant seizure reduction after treatment, however it did help with overall health management. Other treatments such as Eye Movement Desensitization and Reprocessing (EMDR) for those with traumatic triggers are being investigated. There are currently no existing, or approved, medications for functional seizures. Some people may be prescribed anti-anxiety medication or antidepressants if appropriate for treating possible triggers of seizures.

It has been reported that people can benefit from trying self-care techniques such as grounding/distraction when they feel a seizure coming on, however some may not have any warning. If people also present with other functional neurological symptoms, a collaborative care approach should be accessible.

Voices

Ancient Greeks, like Plutarch and Plato, believed that the voices that Socrates heard were divine in origin. Much later, French psychiatrists posthumously labelled Socrates as insane.

Many of today's psychiatrists pathologize all voice hearing and try to banish it with drugs. Many of those drugs have side effects equal to any distress caused by voice hearing and, in many cases, prove to be ineffective.

Voice hearing is more common than might be supposed. Many people hear voices who never come into contact with mental health services and they lead normal and productive lives. Because of the taboo, they keep it secret or are unaware that their experiences warrant attention from outside sources. But then some people, like Socrates, hear voices that are helpful or comforting and make them feel special.

The voice I hear is sufficiently destructive to make me seek help. It is derogatory and commanding, even to the extent of sometimes putting my life at risk, so I do need help. But, more recently I've come to realise what kind of help I want and need. I'm fed up of being told not to listen. This is a bit like telling a person not to allow their hair to grow. But if I don't have control over its existence, then I might be able to gain control over the amount of disruption it causes me.

When I joined a Hearing Voices Group, there were two main reasons for my doing so. Firstly, I live in a small rural community and no one else I know there hears voices. I wanted therefore to reduce the isolation I feel and meet other voice hearers. The second reason to gain greater control is more difficult, but I am beginning to understand my voice hearing experiences more and this makes me feel less of a victim. Although I am lucky to have good support from other mental health professionals, the group is like an oasis in my life. For a couple of hours a week, I am free to be myself and have the opportunities to learn different coping strategies and to meet some really great people. Maybe one day I won't have to drive all the way to Leicester to come clean about hearing voices and to be accepted. Maybe one day I'll be able to chat to the milkman, postwoman, neighbours.

Changing the way, we respond to emotions

Changing how we respond to emotions takes time - but it is possible. I know because I have done it myself and seen many others do the same. No, it's not easy. It involves learning a new self-awareness, new habits and then practising them over and over. Some helpful first steps in changing the way we respond to difficult emotions include

1. Don't suppress your emotions. This is the key contributor to more mental health issues. The more we push emotions down, the more they pop out in new and distressing ways.
2. Notice what emotions you are feeling and when you feel them. Keeping a journal can help you to get a new perspective.
3. Listen to the messages behind your emotions. Why are you feeling this? There are always reasons (but some may be difficult to acknowledge.)
4. Address the issues behind your emotions. Denial does not work. Feeling sorry for ourselves makes it worse but getting into 'problem-solving mode' can really help.
5. Practise ways of responding to your emotions that really try to resolve the message behind the emotion and the way that it impacts your mind and body.

6. Remember that just because other people may respond in unhelpful ways - and even if you have done the same in the past - does not mean you can't change.

7. Get support. This can be from good friends or family, from a support worker, a peer, a support group, counsellor or therapist. Getting help can make all the difference, but be aware that it can take a while to find the right person for you.

8. Remember the wise words of Sir Winston Churchill who also struggled with difficult emotions. **Never, ever, ever, ever, ever, ever, ever give up. Never give up, never give up, never give up.**



Helping Someone Who Is Experiencing Paranoia

You may be able to tell when someone is paranoid. The person may accuse others of trying to harm him or her or may look around fearfully. The person may talk about protecting himself or herself from attack.

Here are ways to help the person who is paranoid:

- Don't argue. Ask questions about the person's fears and talk to the person about the paranoia if the person wants to listen to you.
- Use simple directions, if needed. Tell the person that no harm will come to him or her and that you can help. For example, "Sit down, and let's talk about it."
- Give the person enough personal space so that he or she does not feel trapped or surrounded. Stay with the person but at a distance that is comfortable for him or her and you. Stay more than an arm's reach away.
- Call for help if you think anyone is in danger.
- Move the person away from the cause of the fear or from noise and activity, if possible. Ask the person to tell you what is causing the fear. Make a direct statement that you are not afraid.
- Focus the person on what is real.
- Tell the person everything you are going to do before you do it. For example, "I'm going to take out my cell phone."

To help with situations that may cause paranoia:

- Help the person avoid things he or she fears. For example, if the person is afraid of dogs, avoid them.
- Keep lights turned on if the person tells you that this makes him or her less scared.
- Talk about the person's fears when he or she is not paranoid and make a plan for handling the fears when they occur.
- Help the person make a list of his or her fears. At the end, consider asking the person to write, "These things are not going to hurt me. They will go away if I seek help." Don't insist that the person does this. Doing so may make the person include you as part of the paranoid belief.

How to Distract Yourself from Difficult Emotions

There are a number of things you can try to distract yourself. Listed below are some common distraction techniques.⁵

- Call or write a letter to a good friend or family member.
- Count backward from a large number by sevens or some other number (for example, 856, 849, 842, 835, etc.).

- Do some chores, such as cleaning the house, doing laundry, or washing dishes.
- Do something creative. Draw a picture or build a model.
- Exercise.
- Focus your attention on your environment. Name all the colours in the room. Try to memorize and recall all the objects that you see in a room.
- Go out shopping (even if it is just window shopping).
- Practice mindfulness. Focus on your breathing.
- Read a good book or watch a funny movie.
- Take part in a fun and challenging game that requires some level of attention, such as a crossword puzzle or Sudoku.



10 Signs That You Are Emotionally Numb



1. You can go through happy life events without feeling as happy as other people seem to be when they have similar happy events. I have had countless patients in my psychology practice describe their joyful life experiences as bland. Some have gone through weddings, vacations, graduations, or award ceremonies feeling as if they are watching themselves from afar, disconnected from the experience, or even waiting for it to be over. They feel numb.
2. You sometimes wonder why you don't feel sadder when faced with loss. Similar to above, it's possible to go through a funeral of a loved one or a job layoff and feel little. Your brain knows you should be sad, but your body does not feel it. You are numb.

3. Your primary emotion is irritability or anxiety. Unfelt feelings, or walled-off ones, have a tendency to all pool together into a messy soup. Denied and pushed down or away, the individual ingredients (your emotions) blend to make one big one. This big one is likely to be some variation of fear or anger. Anxiety and anger are each powerful and can break through your wall more easily, so either (or both) can become the primary feeling you feel. Then, you essentially have binary emotional states: irritated or anxious, or numb.
4. It's hard for you to identify any particular feelings. One of the effects of walling off your emotions is that you lose touch with them. When you're disconnected from your feelings, you're not thinking about them or noticing them. If you ever need to explain how you feel, you stammer or clam up. You go numb.
5. You can observe yourself in certain situations, and wonder why you're not feeling something more. Others around you are crying tears of joy or sadness. You look at them and wonder, "Why don't I feel that? What is wrong with me?" You realize that you are numb.
6. You are often uncomfortable when other people have strong emotions. When you find yourself in a situation where others are having feelings, you may

have one yourself: uncomfortable. All you want to do is get away from this situation that seems awkward and unnatural. Unlike them, you feel numb.

7. You are sometimes envious when other people have strong emotions. Unfortunately, you can't give up your negative feelings without also giving up your positive ones. When pain, anger, and sadness go out the window, they tend to take your love, warmth, and joy with them. You see others experiencing those wonderful emotions, and you may wish you could, too. Sadly, you cannot. Instead, you are numb.
8. You sometimes feel like you're going through life on autopilot. One foot after another, you march along, doing what you are supposed to do, and probably doing it well. Like a toy soldier or an Energizer Bunny, you just keep on going. But you also find yourself wondering what it's all for. Shouldn't you be something more, you ask? The answer is yes. There should be highs and lows, pride, joy, and sadness, but you are missing them because you are numb.
9. You feel more when watching a movie, TV show, or commercial, or reading a book, than you do in real life. For those whose feelings are tamped down, it can be easier to access them when it's safe; when it's not personal; when it's not you. You can feel the emotions of a fictional character or someone in the

news, but you can't feel your own. When it comes to your own life, you are numb.

10. You occasionally feel empty inside. This is the ultimate sign. Your "empty" feeling may reside in your belly or your throat, or it may be just an uncomfortable sense that something is missing in you. That sense is your body telling you that what should be filling you, connecting and energizing you—your emotions—is not there. This is your body telling you that you are emotionally numb.

If you see yourself in any of these 10 signs, do not despair! There are answers. Your feelings are not gone. They are still there, inside you, waiting for you to reclaim them.

You can break down the wall that blocks them and welcome them back into your life. Bit by bit, slowly but surely, in a way that feels safe and healthy, you can reverse your numbness and fill your life with colour and energy.

Growing up with childhood emotional neglect, you were taught to ignore and marginalize your own feelings. But now that you're an adult, you don't have to continue that. You can welcome your feelings back into your life and learn the skills to manage and use them.

Hearing Voices Movement in Hong Kong

"The New Life Psychiatric Rehabilitation Association in Hong Kong has been promoting the Hearing Voices Approach and organising Hearing Voices groups since 2014. The New Life Psychiatric Rehabilitation Association started organising the Intervoice Day regularly. The third Intervoice Day was successfully held on September 13, 2025. The event aimed to connect voice-hearers, facilitate exchange, and share insights about the Hearing Voices Approach.

A total of 91 participants joined the event, including voice-hearers, social workers, nurses, frontline staff, and social work students. During the event, two voice-hearers shared their personal experiences and how they cope with the voices. Participants were deeply touched by their inner strength and resilience. Voice-hearers felt a sense of solidarity through mutual interaction, reinforcing the belief that they are not alone in their hearing voices experiences. This event will be held annually going forward, with the hope of providing a regular opportunity for connection and mutual support."

Thank you again for the support.

Regards,

Ting Ting

Voices Poem

The voices are still talking to me
They are not as cruel as they used to be
The flood of tears that never come
Will I ever be the same
Am I really going insane?
Sit with my mathematician
All in the head
My soul is not dead
Just departed a while
Underneath a pile
Of unresolved emotions
Ask me a question
But don't shout
We'll work it out
Come back in a while
With real style
We know the cover
Is not the book
But it's important to give
The right suggestion.

Mental Health Matters

Once in my life I was petrified,
When everything kept on burning deep inside!
Though I did everything, ever so wrong,
I could do nothing ever right!
I don't know why,
I kept running all my life!

I was always scared, I always cried!
All because my parents
Were never at my side!
I looked for love, I found abuse,
I screamed for help, truly deep inside.

All I could do was run and hide.
I turned to crime and I met a judge!
He sent me down, I cried for help,
And help I got!
Through hospitals, doctors, nurses, all the lot.
They helped me through the pain I wanted out!
And now my life is new,
I shall try just to survive!
Without pain and without crime,
I shall try to live my own life!
So, thank you all, you staff and all,
For giving me back my one and only life!

Manchester Hearing Voices Group

Thursday 3pm -4.30pm with Paul

Meeting ID 88460268952 Password 375878

Sundays: HVN USA on ZOOM 6:30p - 8:00p USA Time with Cindee.

11.30pm – 1.00 am UK Time Meeting ID 827 5463 8654 No Password Needed

Saturdays Texas USA HVN Meeting on ZOOM

10am-11.30 USA Time with Paul

4pm-5.30pm UK Time

Meeting ID 85737775621 No Password Needed

Families/friends can contact families@usahearingvoices.org for support groups.

Sheffield Hearing Voices & Paranoia Support Group.

The group runs face to face every Monday

11.00am-12.00pm at the Gardner's Rest

105 Neepsend Lane,

Sheffield S3 8AT

Contact peterbullimore@yahoo.co.uk Tel 0759083769

Online Hearing Voices Group in Ireland

An online group for people who hear voices or experience paranoia and unusual beliefs. Please contact derekpwalsh.dw@gmail.com for further information. The group meet every Sunday at 6.15pm over Zoom.

The group link <https://us06web.zoom.us/j/81086179561>

Unusual beliefs group St Mungo's

Every Thursday 2.30-3.30

93 Shirland Road, London W9 2EL

Contact Helen Claire Taylor (tayloh15@lsbu.ac.uk)

'Talking Heads' Support Group

runs on every first Tuesday of the month at
Brunswick Centre,

Strand Close off Beverley Road

Hull, HU2 9DB

3pm – 4:30pm.

People with voices/visions and unusual beliefs are welcome.

Contact Dan 07816 864727

Doncaster Hearing Voices Group

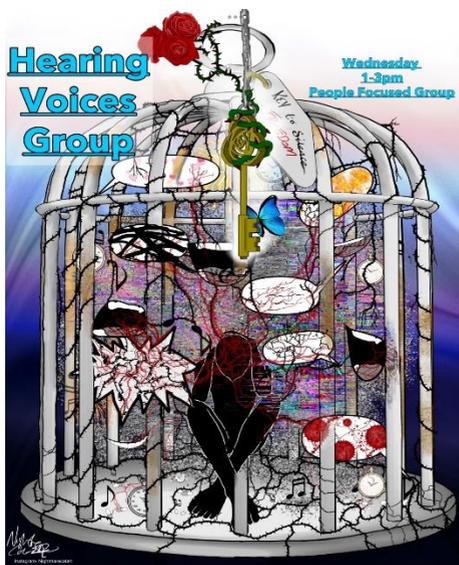
The Wellness Centre
45 Montrose Avenue

Intake

Doncaster

DN2 6PL

Tel: 01302618507



The MuslimVoice.org.uk

At The Muslim Voice UK, we strive to be a dynamic and inclusive platform amplifying the voices, stories, and perspectives of Muslims across the world (we've had attendees from Colorado).

Our mission is to foster understanding within and beyond Muslim communities, challenge stereotypes, and ensure that authentic narratives are heard from a mental health perspective. The Muslim Voice UK invites you to engage, explore, and connect.

Join us. Be part of a movement where voices are heard, stories matter, and change begins.

Info@themuslimvoice.org.uk

Tennessee Voices and Paranoia Collective

Meeting location: Nashville Public Library Bellevue Branch,
720 Baugh Rd,
Nashville,
TN, 37221

Time: Tuesdays at 3:30 starting on March 4th.

The group will be a hybrid meeting. [Join Zoom Meeting](#)

<https://us02web.zoom.us/j/83043345272?pwd=QkVETKEJ5IZtVz32kUa6xXMMWvazdpE.1>

Meeting ID: 830 4334 5272

Passcode: 095416

Brave Brothers is a community-led organization with a mission to **redefine men's mental health and wellness**, placing emphasis on suicide prevention, domestic and family violence awareness, and holistic well-being inclusive of voice hearers. The charity strives to **break down stigma**, promote healthy mindsets, and advocate for integrating mental health into overall wellness. All of this underpins their broader goal of advancing health, social, and community welfare.

The Brave Brothers motto reflects a proactive, compassionate stance: "**listening to and working with men... before it's too late.**" bravebrothers.org



Join us at Butterflies and Beyond. A new weekly peer support group designed for new parents, parent-to-be and anyone who may have experienced birth trauma.

We will provide a nurturing environment for you to share, learn and heal during your parenthood and pregnancy journey.

What to expect:

- A friendly discussion in a safe environment
- Practical support and guidance
- Sharing experiences and challenges
- Building community and connection with other parents

All parents and caregivers are welcome. Bring your little ones along. No registration, just come as you are.

Our first session starts on 1st May. We'd love to see you there. For more information contact. lynsey@peoplefocused.org.uk



A weekly peer support group for new parents, parent-to-be and anyone who may have experienced birth trauma.

Join us in a safe space where you can share your experiences and build connections with other parents.

Refreshments provided. Just turn up
Thursdays - 10-11am

Safespace, People Focused Group
45 Montrose Avenue, Intake. DN2 6PL

For info contact:
lynsey@peoplefocused.org.uk
07592 893137



The National Paranoia Network & Telford Neuro SENter Present a Two-Day Workshop

How to use the Maastricht Interview for Hearing Voices. A Social & Biographical Approach to Hearing Voices, a Lived Experience Perspective

This workshop provides training for workers in mental health care to work with people who hear voices. The method involves accepting and making sense of a person's experiences and tries to establish a link between what the voices say, and the meaning of their voices related to their life experiences as a means of providing both relief and the possibility of recovery. The workshop also provides an opportunity for the workers to understand the underlying principles of this approach and evidence of success by interviewing people with lived experiences who have been through the interview process.

- To talk to a person who has lived experiences of hearing voices about their experiences in a comprehensive way.
- Have knowledge of different frames of reference about voice hearing in relation to historical evidence and epidemiological data and be able to discuss these.
- Demonstrate competence in the use of the Maastricht interview and recording the experiences of the person
- Understand and be able to identify the role of the interviewer. The interviewer role needs an ability to extract information and be an objective listener, suppressing therapeutic ambitions or comments.
- Demonstrate competence to enable the person with lived experiences, to make a normalising relationship with their voices in which the person feels interest, acceptance, and respect.
- Demonstrate competence in identifying and exploring those strategies that enhance control of their experiences.

Book your place through Eventbrite Here

<https://www.eventbrite.co.uk/e/maastricht-interview-a-social-and-biographical-approach-to-hearing-voices-tickets-1964061149770?aff=oddtcreator>

Held at the Telford Football Club 11th & 12th February 2026 9.30-4pm.

Contact Peter Bullimore for further information

Email: Peterbullimore@yahoo.co.uk

